

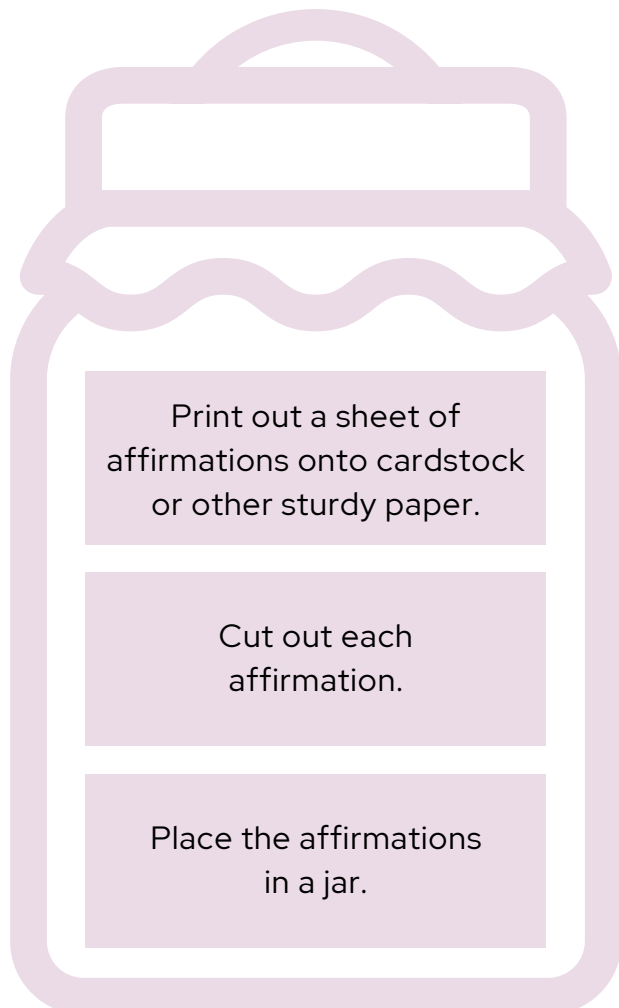
AFFIRMATION JAR

Using Affirmation Jars to Improve Your Well-Being

Affirmation jars are an effective tool for promoting positive self-talk and building self-esteem. These small containers, typically a jar or a box, are filled with pieces of paper bearing positive affirmations. Affirmations are short, uplifting statements that can help to alter negative self-talk and limiting beliefs – two common sources of stress and anxiety.

The subconscious mind is responsible for shaping our beliefs and behaviours, and it is influenced by the thoughts and messages we repeatedly expose it to. By regularly repeating positive affirmations, we can replace negative thoughts and limiting beliefs with positive ones, leading to changes in our attitude, behavior and overall well-being.

Instructions for creating your affirmation jar:



Ideas for using your affirmations jar:

- Pick one affirmation from the jar daily and repeat it to yourself throughout the day.
- Use the affirmations as prompts for journaling or meditation.
- Share the affirmations with a friend or loved one and discuss how they apply to your lives.
- Take one affirmation from the jar and use it as a focus for a visualization or manifestation exercise.
- Use the affirmations as a source of inspiration for setting daily intentions or goals.
- Take one affirmation from the jar daily and place it in a place you can see it throughout the day, such as in a mirror or your wallet.